



Holding Strong During Tough Times: Managing Anxiety and Promoting Resilience in the Family

Please join clinical psychologist and author, Nadja Reilly for a Zoom presentation and Q&A about how to manage anxiety related to the pandemic. She will discuss how to look for symptoms as well as strategies to promote wellness and resilience for the entire family.

WEDNESDAY, MAY 27, 7:00-8:00 PM

Sponsored by the Arlington Public School's Parent Forum Committee, the Board of Youth Services, and AYCC

Please RSVP to
bys.arlington@gmail.com